

Cardiovascular Health in Missouri



The heart of the matter...

Poor nutrition is a risk factor for developing cardiovascular disease. Smart food choices can help you maintain a healthy weight and reduce your chances of having a heart attack or stroke.

Did you know?

- ♥ Only 20.2 % of Missourians eat the recommended five or more servings of fruits and vegetables every day.
- ♥ Almost six out of every 10 Missouri adults are overweight or obese, and that number is increasing.
- ♥ About 95% of men and 75% of women in America consume more than the upper recommended limit of 2300 mg of sodium per day. That is the amount of sodium in one teaspoon of salt.



Do you have a heart-healthy diet?

- Eat at least five fruits and vegetables a day. Choose a variety of colors.
- Limit foods that can raise your cholesterol, including foods high in saturated, trans fats and/or cholesterol.
- Make at least half of your grains whole grain. Eat at least three servings of whole-grain breads, cereals and pasta a day.
- Limit processed foods that are high in sodium and avoid using the saltshaker.
- Control portion sizes and limit high-fat foods, added sugars and alcohol to limit calorie intake.

Tips for Healthy Eating

- Start the day with a good breakfast.
- Include fruits and vegetables in all meals and snacks.
- Eat fewer fried foods, use leaner cuts of meat and choose fat-free or low-fat milk and other dairy products.
- Broil, boil, bake or pan-broil meat instead of frying it.
- Limit fried foods, high-sugar beverages and alcohol when eating out. Order a vegetable or salad instead of French fries, and choose water with a lemon wedge instead of soda.
- Season foods with herbs and spices to help cut back on salt.
- Stop eating when you are comfortable – not full! Avoid overeating.

Data Sources:

1. Centers for Disease Control and Prevention: Behavioral Risk Factor Surveillance System
2. Center for Health Information and Evaluation: Missouri Information for Community Assessment
3. Institute of Medicine: Dietary Reference Intakes for Water, Potassium, Sodium, Chloride and Sulfate